

Healthy Drinks

A JUICE decoder from KitchenStewardship.com

BEST: Water. Period.
(Why not juice? <http://bit.ly/x52Dm8>)

OKAY: only **100% fruit juice, once in a while.** Dilute with water for children. *Cranberry, grape, and orange* = only options with any real nutritional value. All juices are still missing the fiber from the whole fruit and are metabolized like sugar.

NO GOOD: Juice made with sugar, artificial flavors/colors, and other unpronounceable words and little to no fruit juice. "10% fruit juice" or "made with fruit juice" does not denote a healthy drink. Not even a healthiER drink. It's still sugary junk.

EVEN WORSE: High fructose corn syrup, Red no. 5 or 40, caffeine

DON'T TOUCH WITH A TEN FOOT POLE: Anything with artificial sweeteners.

**Problem words:* "less sugar" "low calorie" "reduced calorie" "light" or "lite" on the packaging
**Check ingredients for:* aspartame (Nutrasweet), sucralose (Splenda), neotame, acesulfame potassium K (Sunett, Sweet One), saccharin, alitame (Aclame)
(Dangers of artificial sweeteners: <http://bit.ly/yxNe5r>)

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